

<b>Fall 2019 Syllabus</b>  <b>KFIT 31.1</b> <b>Pilates Yoga Fusion</b>  <b>Section 1007</b> <b>Tu Th</b> <b>1:30 to 3:00 pm</b>  <b>Final Thu, Dec 19 from 1 to 3:45 pm</b>	<b>Jeanne-Marie Manning</b>  <b>Kinesiology, Athletics &amp; Dance Dept</b> <b>1501 Mendocino Ave</b> <b>Santa Rosa, CA 95401</b>  <b>Mobile: (707) 332-7517</b> <a href="mailto:jmanning@santarosa.edu">jmanning@santarosa.edu</a>  <b>Please text or call for emergencies only</b>
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## DESCRIPTION

This class is designed for individuals of all fitness levels, dancers and athletes who want to improve posture and movement efficiency, increase strength and flexibility, develop mind/body awareness through Yoga and Pilates. Students will practice methods of stress reduction and relaxation supported by breathing techniques.

## OBJECTIVES

- Explore posture and movement supported with core strength.
- Discover the benefits of a personal exercise practice using fusion.
- Awaken mind and body connection
- Focus on breath patterns
- Increase balance and strength

## EQUIPMENT

Required: 1 Yoga/ Pilates mat, small towel

Recommended: Yoga block, yoga strap, and water bottle

Clothing: Loose, flexible exercise clothing. Avoid belts & buttons.

Bring layers so you can adjust to temperature changes.

## GRADES

Grades will be based on participation in the class, demonstration of understanding the poses, and written papers/projects:

60% Class participation

20% Demonstration of basic understanding

20% Written papers and projects

## ATTENDANCE

Attendance in class is important and is associated with class participation. Attendance will be taken as students enter the room.

## CLASS PARTICIPATION AND ATTENDANCE GUIDE

- A: 3 - 5 absences
- B: 5 - 7 absences
- C: 7 - 9 absences
- D: 9 + absences
- F: more than 12 absences

## PRINCIPLES

Integrated Body/Core Strength  
Mind – Body Connection  
Movement with Alignment and Awareness  
Breath Supports Movement

## RECOMMENDED READING

*Dynamic Yoga* —Kia Meaux  
*Pilates—body in motion* —Alycea Ungaro  
*The Anatomy of Exercise & Movement* —Jo Ann Staugaard-Jones

## MEDICAL CONCERNS

If you have medical concerns or other personal problems which may be a factor in your performance during this class, please discuss this with me.

## CONDUCT & STANDARDS

Students who register in SRJC classes are required to abide by the SRJC Student Conduct Standards. Violation of the standards is basis for dismissal from the class or from the College.

## EMERGENCY PLAN OF ACTION

In the event of an emergency, please familiarize yourself with the exit routes of the facility. Please remember SRJC is not crime free. Practice safety awareness procedures such as being careful in parking lots when going to and from your car; use the buddy system late at night or early in the morning. Never stay in a facility alone.

## BLOOD AND BODY FLUIDS PROCEDURES

In the event of instances that involve the presence of blood and/or body fluids, universal precautions will be carefully followed. The precautions include using gloves, careful waste disposal, use of adequate disinfectants and hand washing.

## HOLIDAYS, FINAL EXAM, AND OTHER IMPORTANT DATES

Aug 20	First Class
Sept 2	Labor Day Holiday - no classes
Nov 11, 12	Veterans Day, PDA day – no classes or activities
Nov 17	Last day to withdraw with a “W”
Nov 28 – Dec 1	Thanksgiving Holiday – No classes
<b>Thu, Dec 19</b>	<b>FINAL: 1 to 3:45 PM (DIFFERENT than regular class time!)</b>
Dec 21 – Jan 12	Semester Break – no classes